

**Full Report (All Nutrients) 03019, Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars**

Report Date:October 27, 2015 12:49 EDT

Nutrient values and weights are for edible portion.

**Food Group : Baby Foods**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 9.9g
<b>Proximates</b>					
Water	g	19.09	--	--	1.89
Energy	kcal	330	--	--	33
Energy	kJ	1380	--	--	137
Protein	g	0.82	--	--	0.08
Total lipid (fat)	g	2.24	--	--	0.22
Ash	g	1.24	--	--	0.12
Carbohydrate, by difference	g	76.61	--	--	7.58
Fiber, total dietary	g	2.0	--	--	0.2
Sugars, total	g	68.65	--	--	6.80
<b>Minerals</b>					
Calcium, Ca	mg	18	--	--	2
Iron, Fe	mg	1.05	--	--	0.10
Magnesium, Mg	mg	9	--	--	1
Phosphorus, P	mg	23	--	--	2
Potassium, K	mg	312	--	--	31
Sodium, Na	mg	14	--	--	1
Zinc, Zn	mg	0.14	--	--	0.01
Copper, Cu	mg	0.242	--	--	0.024
Manganese, Mn	mg	0.700	--	--	0.069
Selenium, Se	µg	1.4	--	--	0.1
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	179.9	--	--	17.8
Thiamin	mg	0.041	--	--	0.004
Riboflavin	mg	0.046	--	--	0.005

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 9.9g
Niacin	mg	0.334	--	--	0.033
Pantothenic acid	mg	0.142	--	--	0.014
Vitamin B-6	mg	0.201	--	--	0.020
Folate, total	μg	1	--	--	0
Folic acid	μg	0	--	--	0
Folate, food	μg	1	--	--	0
Folate, DFE	μg	1	--	--	0
Choline, total	mg	14.5	--	--	1.4
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin B-12, added	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	12	--	--	1
Retinol	μg	0	--	--	0
Carotene, beta	μg	102	--	--	10
Carotene, alpha	μg	0	--	--	0
Cryptoxanthin, beta	μg	76	--	--	8
Vitamin A, IU	IU	233	--	--	23
Lycopene	μg	0	--	--	0
Lutein + zeaxanthin	μg	81	--	--	8
Vitamin E (alpha-tocopherol)	mg	0.96	--	--	0.10
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	μg	2.5	--	--	0.2
<b>Lipids</b>					
Fatty acids, total saturated	g	0.364	--	--	0.036
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.005	--	--	0.000
14:0	g	0.009	--	--	0.001
16:0	g	0.304	--	--	0.030
18:0	g	0.046	--	--	0.005

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 9.9g
Fatty acids, total monounsaturated	g	0.092	--	--	0.009
16:1 undifferentiated	g	0.005	--	--	0.000
18:1 undifferentiated	g	0.088	--	--	0.009
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.664	--	--	0.066
18:2 undifferentiated	g	0.549	--	--	0.054
18:3 undifferentiated	g	0.115	--	--	0.011
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.000	--	--	0.000
Threonine	g	0.000	--	--	0.000
Isoleucine	g	0.000	--	--	0.000
Leucine	g	0.000	--	--	0.000
Lysine	g	0.000	--	--	0.000
Methionine	g	0.000	--	--	0.000
Cystine	g	0.000	--	--	0.000
Phenylalanine	g	0.000	--	--	0.000
Tyrosine	g	0.000	--	--	0.000
Valine	g	0.000	--	--	0.000
Arginine	g	0.000	--	--	0.000
Histidine	g	0.000	--	--	0.000
Alanine	g	0.000	--	--	0.000
Aspartic acid	g	0.000	--	--	0.000
Glutamic acid	g	0.000	--	--	0.000
Glycine	g	0.000	--	--	0.000
Proline	g	0.000	--	--	0.000
Serine	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 9.9g
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0